## ABSTRACT OF THE DISCLOSURE

An optical recording medium includes a phase-change recording layer where reversible phase changes between a crystal phase and an amorphous phase are used. The recording layer includes at least Sb, Tb, and Te. When indexing as a hexagonal lattice has been performed in a state corresponding to the crystal phase, the recording layer has a structure where an axial ratio c/a of a c-axis length to an a-axis length in the hexagonal lattice is between 2.590 and 2.702 inclusive.